



Practical Supports


Lifestyle
Solutions



If you need help with your everyday living we can assist you with Practical Supports.

We will help you become more independent.

How Lifestyle Solutions can help

Practical Supports can be

- Cleaning and managing your house
- Shopping for groceries
- Planning and cooking meals
- Budgeting and managing money
- Taking care of yourself such as showering and getting dressed.





You tell us the qualities and skills you want in a Support Worker.

We can help you choose somebody to help with your Practical Supports.



NDIS

Speak to your Local Area Coordinator or LAC.
Ask for Practical Supports in your NDIS plan.

For more information



1800 634 748



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www.lifestylesolutions.org.au

This factsheet is written in a way that is easy to read.